

Drinking Expectancy Profile
Part II

DRINKING REFUSAL SELF-EFFICACY QUESTIONNAIRE

ID: _____

SEX: _____

AGE: _____

The following items ask you to describe your ability to handle drinking situations. Your answers will be completely confidential, so please try to answer as honestly as you can.

The following pages contain a list of situations in which people may find themselves drinking alcohol. Most people find it is easier to resist drinking in some of these situations than others. Please circle the number beside each statement which best describes how much you could resist drinking in each case.

1	2	3	4	5	6
I am very sure I would drink	I most likely would drink	I probably would drink	I probably would NOT drink	I most likely would NOT drink	I am very sure I would NOT drink

Example:

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?

When your spouse or best friend is drinking 1 2 3 4 5 6

If you think that you would most likely drink, too, then circle the number 2, or the number (1 through 6) of the best answer for you.

1	2	3	4	5	6
I am very sure I would drink	I most likely would drink	I probably would drink	I probably would NOT drink	I most likely would NOT drink	I am very sure I would NOT drink

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?:

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. When you are out at dinner | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. When you are playing pool or cards | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. When you are watching TV | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. When you see others drinking | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. When you are uptight | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. When you are angry | 1 | 2 | 3 | 4 | 5 | 6 |

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?:

- | | | | | | | |
|--|---|---|---|---|---|---|
| 7. When you are at a party | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. When someone offers you a drink | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. When you want to look sophisticated | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. When you want to feel more confident | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. When you are bored | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. When you want to look better | 1 | 2 | 3 | 4 | 5 | 6 |

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?:

- | | | | | | | |
|--|---|---|---|---|---|---|
| 13. When you are at lunch | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. When you feel ashamed | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. When you are waiting for someone | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. When you feel restless | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. When you feel frustrated | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. When you want to feel more accepted by friends . . . | 1 | 2 | 3 | 4 | 5 | 6 |

Drinking Refusal Self-Efficacy Questionnaire (DRSEQ)

1	2	3	4	5	6
I am very sure I would drink	I most likely would drink	I probably would drink	I probably would NOT drink	I most likely would NOT drink	I am very sure I would NOT drink

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?:

- | | | | | | | |
|--|---|---|---|---|---|---|
| 19. When you are worried | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. When you feel upset | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. When you feel down | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. When you feel nervous | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. When you are on the way home from work | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. When you feel sad | 1 | 2 | 3 | 4 | 5 | 6 |

HOW SURE ARE YOU THAT YOU COULD RESIST DRINKING ALCOHOL?:

- | | | | | | | |
|---|---|---|---|---|---|---|
| 25. When your spouse or partner is drinking | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. When you are listening to music or reading | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. When your friends are drinking | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. When you are by yourself | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. When you have just finished playing a sport | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. When you are at a pub or club | 1 | 2 | 3 | 4 | 5 | 6 |
| 31. When you first arrive home | 1 | 2 | 3 | 4 | 5 | 6 |

SCORING INSTRUCTIONS

The items of PART II of the DEP have been factor analyzed and fall into 3 major factors. Factor scores can be obtained by adding item totals as detailed below.

- Social Pressure Self-Efficacy = 1+2+4+7+8+9+10+12+18+25+27+30
- Emotional Relief Self-Efficacy = 5+6+11+14+16+17+19+20+21+22+24
- Opportunistic Self-Efficacy = 3+13+15+23+26+28+29+31